

DEPARTMENT OF THE ARMY
Headquarters and Headquarters Detachment
417th Base Support Battalion
Unit 26124
APO AE 09031

AETV-WG-WC

12 December 2003

MEMORANDUM FOR RECORD

SUBJECT: Policy Letter 7, Weight Control Program

1. The Army Soldier is one who has a military appearance that is neat and trim. One of the most critical elements that is paramount to the Army's effectiveness and its combat readiness is personnel who are healthy and physically fit. The weight control program is designed to assist soldiers in maintaining the personnel readiness piece of combat readiness.

2. Responsibilities:

a. Commander:

- (1) Identify and counsel soldiers on all actions pending enrollment and re-enrollment into the weight control program.
- (2) Explain the goals of the program to the soldier.
- (3) Ensure that at a minimum, personnel will be weighed when they take the Army Physical Fitness Test (APFT) or at least every six months.

b. Detachment Sergeant:

- (1) Appointed on orders as the Overweight Control Program NCO, until a Master Fitness Trainer is / has been school-trained and appointed on orders.
- (2) Weigh and tape soldiers after every Army Physical Fitness Test (APFT), notify the commander immediately when personnel fail to meet body fat standards, and enroll personnel who do not meet body fat standards into the weight control program.
- (3) Weight and tape soldiers enrolled in the program once every month until the soldier meets the body fat standards IAW 600-9.
- (4) Monitor the overweight physical training, maintain progress charts, and notify the Commander if personnel fail to either achieve or maintain progress.

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- (5) Establish and maintain the training automation system and effectively use it to track all progress and failures. Immediately enter all APFT scores and weigh-ins into the Training automation system.

c. Supervisors:

- (1) Ensure enrolled soldiers attend Special Population Physical Training.
- (2) Ensure soldiers schedule and attend appointments for medical evaluation and nutritional counseling / guidance.

d. Individual:

- (1) Schedule and attend an appointment for medical evaluation and nutritional guidance.
- (2) Goal: To lose 3 to 8 pounds or a satisfactory body fat percentage per month IAW AR 600-9.
- (3) Exercise for at least 30 minutes six times a week at your training heart rate and eat healthy and nutritional foods.

3. Personnel who fail to meet body fat standards will be flagged immediately IAW AR 600-9 and AR 600-8-2. If the soldier does not make satisfactory progress within two successive tapings by the Detachment Sergeant, then the soldier will be barred from reenlistment until consistent and satisfactory progress has been made.


KENNETH C. WILSON
CPT, AV
Commanding